New England Deaconess Hospital

pulse

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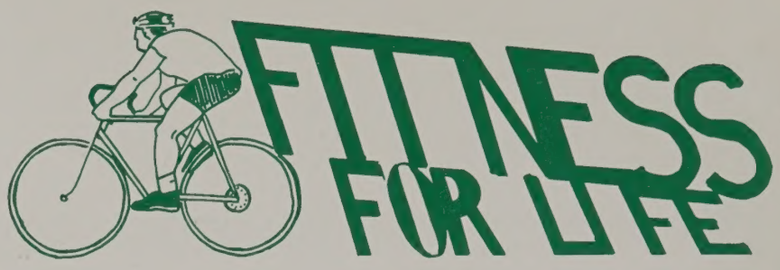
Fitness programs help employees overcome winter blues

The holiday season can be a turning point for people who are trying to maintain a well-balanced lifestyle of good nutrition and steady exercise. Everywhere we go – at work, to visit relatives or attend parties – we are plied with the traditional, seasonal fare – high in sugar and fat content. Combined with the onset of winter weather, which restricts our ability or desire to "get out" and exercise, our attempts to keep on a sensible diet are lost completely or at least hindered.

Fortunately for Deaconess employees, they have back-up support, not only at holiday season but all year around. Ruth Clark, staff project dietitian in the department of dietetics, coordinates activities involving weight control, nutrition counseling and informal exercise groups under a program entitled "Fitness for Life". Future services may include stress management and smoking cessation clinics, depending on employee response. Throughout the month of December, Ms. Clark offered a weekly employee seminar on "Eating Right and Surviving the Holidays".

"The holiday season is a time when we are overwhelmed by a variety of food cues, but a little planning goes a long way toward avoiding overindulgence," said Ms. Clark, "Once you have looked at your old patterns and identified what's important to you, you can still enjoy the holidays, control your weight and avoid feeling deprived."

One of Ms. Clark's most popular and successful programs has been her weight control groups which meet in ten, forty-five minute weekly sessions focusing on behavior modification, nutrition education and exercise.



"The participants learn how to build skills to change eating habits not just for the course of a diet, but for a lifetime," said Ms. Clark, "We discuss how to control impulse eating, manage social situations and develop a positive self-image. Employees lose an average of a pound a week during the program – a measure of success when compared to other weight control programs."

Director of Dietetics Joyce Tower agrees with this approach, "A key factor in Ruth's success in assisting motivated individuals in weight control efforts has been her willingness and ability to individualize plans and strategies to accommodate personal preferences and lifestyles."

Deaconess employees will have an additional opportunity to improve their lifestyles while socializing with fellow employees through a new fitness program organized by the Medical Area Service Corporation (MASCO). Jill Greenberg, fitness/recreation coordinator at MASCO, heads the program.

Beginning January 12, courses on aerobic fitness, yoga and "jazzercise" will be offered in the medical area to any persons affiliated with a MASCO institution.

The ten-week courses will cost between $25-50 (depending on how often the course meets) and will be held at Beth Israel Hospital, Brigham and Women's Hospital, Joslin Diabetes Foundation (JDF), Simmons College and Sidney Farber Cancer Institute. Brochures describing these programs will be available after December 22 in the public relations and personnel department offices. Check the public relations bulletin board in the cafeteria and future issues of the minipulse for details on the program.

A NEDH/JDF steering committee is looking into group discount rates for cultural events in Boston, weekend ski trips and other sports activities for Deaconess and Joslin employees.

Employees who would like to participate on the committee, or offer suggestions, may call Nancy Seideman, public relations, at 732-8046. Other committee members presently include Ruth Clark, Jill Greenberg, Beth Greenspan, personnel; Anne Bicknell, administration; and Norma Downing, JDF.

Operating room nurses day

OPEN HOUSE IN OR – Nearly 300 employees, patients' family members and other visitors toured the Farr 5 surgical suite as part of the hospital's observance of Operating Room Nurses Day on November 14. Assistant Head Nurse Marilyn Johnson (above, left) describes a piece of equipment during a tour which included two newly renovated operating rooms. Martha Griffin, instructor in surgical services and coordinator of the open house, said the occasion gave the operating room nurses (ORNs) an opportunity to describe their role on the surgical team. The ORN coordinates patient care in the OR, by assessing and reassuring the patient before surgery and by providing a safe environment for the patient during the procedure. This involves implementing the nursing process within the OR setting to provide individualized total patient care.

'T is the season to be jolly, 'tis the time to donate blood.

Visit the blood bank on Deaconess three, or call 732-9085 today.

Smoking policy reemphasized

The Deaconess Smoking Policy Committee has recently clarified the hospital's smoking policy which has been in operation since 1977. The Medical Administrative Board approved the policy, which basically remains unchanged but is more specific in several areas.

For employees, the policy states that:

1. Employees may smoke only on their free time (coffee and lunch breaks) and in areas designated for employees and clearly marked as smoking areas.
2. Employees may not smoke in patient or visitor areas.
3. Employees should not carry cigarettes visibly while on duty since the sight of them may undermine a smoking patient's attempts to quit.
4. Employee lounges and locker rooms which are provided for the use of all staff (the majority of whom do not smoke) are nonsmoking, unless specifically posted as "smoking" areas.

Patients are expected not to smoke while in the hospital, and are so informed prior to admission. This may be modified only by the written order of the patient's own physician.

No patient may smoke in a two-bed room unless both persons in the room have written permission from their respective physicians. Smoking is never permitted, and may not be ordered on the intensive care floor (Farr 6) or the special care floors (Baker 5 and Farr 8).

Visitors are requested not to smoke while in the hospital; however, if visitors are on the premises for an extended period and feel they must smoke, the vending area near the cafeteria has been designated as a visitors' smoking area. This is the only area where visitors may smoke, and medical and nursing staffs are asked to help by informing any visitor who does not realize this.

The complete smoking policy will be posted in key areas throughout the hospital. Questions of interpretation, understanding or compliance may be referred to the Smoking Policy Committee, ext. 2-8330; Eleanor Lowry, coordinator of patient relations (by page); or the personnel department, ext. 2-8146.

School of Nursing hosts 12th annual alumnae reunion day

Class of 1930: (standing, l-r) Irja Hill Wilson '43, R. D. Lowry, former NEDH executive vice president; Cecilia Bailey Toy; (seated, l-r) Olive Wilbar Palacz, Bernice Archer Pierce, Dorothy Isaacson, Harriet Wittemore.

Class of 1935 (first row, l-r): Barbara White, Emily Law Shomerza, Lena Leary Kahile, Ruth Parker. Second row: Margaret Dane Rich, Gertrude Snowen MacKay, Ruth Carlson Larsen, Marian Anderson Kullen. Third row: Grace Ames Chase, Ruth Wheeler Helmes, Phyllis Manuel Taylor, Louise Berzinis Norvish. Fourth row: Elizabeth Lufkin, Rose J. Kozlowski.

Class of 1977 (standing, l-r) Patti Mullin, Joanne Welt Williams and Jane Johnson Emery; (seated, l-r) Thelma Shirley Ingersoll '31, Laura Henry '25 and Lillian V. Salsman '24.

Audrey K. Kennedy Hall at the School of Nursing was the site of the 12th annual reunion day for 150 nursing alumnae on November 1. After a short business meeting, the group watched a slide show on "Health Care in Liberia in 1980", presented by Irja Hill Wilson '43.

A luncheon at the Harvard Club followed, during which President Laurens MacLure addressed the gathering. Lois Schulz, president of the NEDH School of Nursing Alumnae Association, presided over the luncheon activities. A highlight of the meeting was the presentation of a gold charm to Joan Randle, honorary alumnae member, in recognition of her 32 years of service to the School of Nursing.

Class of 1945 graduate Grace Wilder Butler (standing l-r) with Ruth Heath '35, Janice Marland Hitchcock '35, Audrey Scarpetti Schmidt '35; (seated l-r) Margaret Davol Donovan '46, Carol Schudder McLane '43, Virginia Cole Mitchell '45, Barbara Shallies Colby '49.

Class of 1965: (l-r) Charon Pierson, Sandra McKay, Marcia Burgund, Karen Kimball and Susan Shibert.

Alumnae Notations

Ruth West '14 – "I had my 89th birthday, and still am active. Even though I am crippled with arthritis, I maintain my own home."

Clare M. Hill '27 – "I take great pride in being a Deaconess graduate.

Dorothy Bigelow Landin (l) and Bernice Moore Flaherty, class of 1927, enjoy their luncheon at the Harvard Club.

We celebrated our 50th wedding anniversary in September."

Priscilla Holman '33 – "I have retired after helping set up the William P. Beetham Eye Unit at Joslin Clinic. I have been active in the medical-surgical, and more recently the psychosocial, needs of patients in the unit."

Muriel Lund '34 – "I spent part of the summer visiting family and friends in Great Britian. While there I also spent some time with Marjorie Hall Scott '31 and family in Leiscester. Midge hopes to return for her 50th class reunion in 1981."

Georgia Truslow '34 – "For several years my husband and I have been spending our vacations in England. This past April we rented a "flat" and took our two oldest grandchildren, ages 11 and 12. We had a marvelous

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Alumnae Notations

(continued from page 3)

time and were delighted to discover that we old folks could keep up with the youngsters."

Jane Grayson '50 – "Have a full-time job as OR/RP director at Fairfax Hospital, Falls Church, Virginia, and am serving second year as chairman, national membership committee, AORN."

Lorraine Thornton '50 – "From an Ivy League School of Nursing to an Ivy League College – Vassar, as a staff nurse in college health services. Returning to nursing and school after 25 years absence!"

Dawn Carter '53 – "Recently graduated from University of Wyoming with a BS in home economics."

Nancy Hero '54 – "After 3½ years at home to care for my parents during their final days, have returned to Monorem Christian Hospital in Thailand where I worked most of the time since 1962 with the Overseas Missionary Fellowship."

Sue Pennington Ford '55 – "Sorry to miss our 25th reunion, but thought of all of you. Am now in Lakeland, Florida with Katheryn, age 19, Susan, age 16, and Daniel, age 13. Am coordinator of BSN program at FLA Southern College in Lakeland. Still keep busy also as minister of music at church. Florida needs nurses – all of you would be most welcome!"

Janice Hitchcock '56 – "Hope to be at the reunion in '80 – any other '56 juniors coming? I'll be on sabbatical from Sonoma State University studying the barriers faced by gay men and women in their attempts to get health care."

Carol Lowry Rundle '58 – "I remarried in August, 1979. My husband is an Episcopal minister with a part-time parish in Dorchester and also teaches part-time in Dana Hall School. I work at NEDH in the OR, scrubbing with the cardiac team. Love it!"

Gail MacDonald '59 – "In May 1980 I completed my MS in parent-child health at Boston University."

Meredith Hill '60 – "I am teaching and counseling in a parenting program for adolescent mothers. It's very challenging."

Jean Jenkins '62 – "I have a MSW from Boston University, and am a supervisor at Elder Services of Merrimack Valley. This is a made-to-order job for me. I also have a small counseling practice 'moonlighting' to help pay for a new home in Sandown, New Hampshire."

Janis Call '65 – "I am now working at Boston University Student Health Services. I have been out west recently to visit my sister who is a pediatrician on a Navaho Indian Reservation in New Mexico."

Helen Stanley '70 – "Am now working 2-3 days a week in a family practitioner's office, and love it! Am also enrolled in a nursing pharmacology course through Castleton State College."

Darlene Rotgen '71 – "Currently enrolled in an accounting course at college, helping my husband's new business as a consulting engineer by doing typing and accounting. Also keep busy with church, and volunteer work at public school."

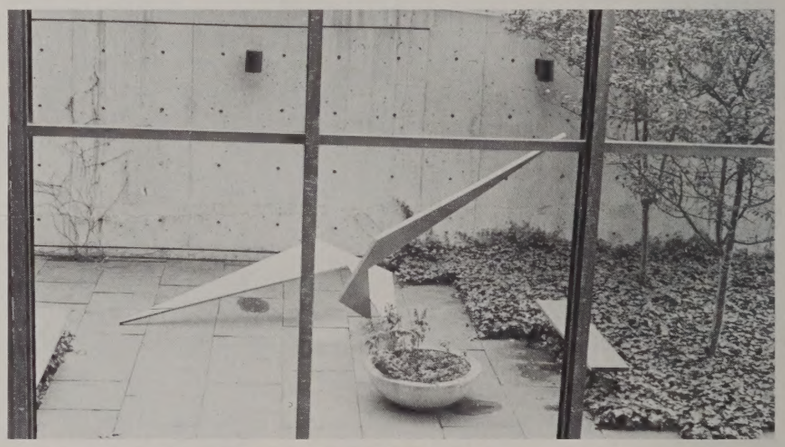
Cindall Morrison '72 – "Am still working on the Navaho reservation as a nurse mid-wife."

Margery Condon '76 – "Recently became certified as a CCRN; am working staff in recovery at Nashoba Community Hospital in Ayer, and beginning my junior year of BSN program at Fitchburg State."

Elizabeth Murray '78 – "I am looking forward to returning to nursing full time after completing my BSN at Duke University. My special thanks for the scholarship and loan the Alumnae Association awarded me.

Sympathy extended to Marion Marshall-Winter '48, whose mother, Beatrice (Daniels) Gibb '23, died on October 29.

The Class of 1955 recently celebrated its 25th reunion at the Deaconess. Class members include (third row, l-r): Joanne Carr Field, Betsey Nickerson Reddish, Ruth Moodie Pearson, Shirley Eaton Klindt, Anne Olsen Wood, Jeannette Russell Wing, Constance Wetzell Eckstrom, Ernestine Edwards Allen, Heidi Gould Fink, Sylvia Lyons Berry, Nancy Matson Matson. Second row: Constance Dougherty, Barbara Johnson Robbins, Nancy Hilton Delmege, Barbara Clarke Parsons, Adrienne Pellegrini Newton, Carrolla Sargent Alger, Barbara Gregory Brothis, Helen Robbins Gibson, Anne Kenneson Estabrook, Rosalie Rizzo Harding. First row: Carolyn Trainor Cleaver, Audry Moulton Smith, Judith Mateer Arensmeger, Berry Theriault Benn, Alice Clark Giardini, Beverly Harper Weinman, Nancy Welford Paradis, Ruby Seagrave Smith.



"Stretch I.", a sculpture by Larry Mohr of New York City, was officially presented to the Deaconess Hospital at dedication ceremonies on November 8. The graceful sculpture, depicting a winged figure is located in the sunken courtyard in front of the Meissner Building. It was donated to the hospital by Mr. Mohr's daughter and son-in law, Dr. and Mrs. Mark Silverman. Dr. Silverman is a pathologist on the NEDH staff.

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The New England Deaconess Hospital is a 489-bed and 14-building complex. Physicians from the Joslin Clinic, the Lahey Clinic, Overholt Thoracic Clinic and the general medical and surgical staffs serve the needs of their patients at the hospital. The Deaconess is internationally known for diagnosis, treatment and research in brain and chest surgery, cancer, diabetes and general medicine, and is affiliated with Harvard Medical School.

PULSE is published monthly by the public relations department of the New England Deaconess Hospital.

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Deaconess employees beat the winter blues (see page 2).

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